

## R430-60-18: NAPPING.

If the center uses sleeping equipment for rest time, the following rules apply:

(1) The provider shall maintain sleeping equipment in good repair.

### Rationale / Explanation

*The purpose of this rule is to prevent injury to children from broken equipment.*

### Enforcement

*Examples of noncompliance with this rule include an unstable crib or a crib with missing slats or a broken railing.*

*Porta cribs will not be considered to be in good repair if they have tears greater than 2-3/8 inches in the sides of them.*

*Level 1 Noncompliance if infant/toddler sleeping equipment is in poor repair to a degree that the equipment could fail.*

*Level 2 Noncompliance otherwise.*

(2) A separate crib, cot, or mat shall be used for each child during nap times.

### Rationale / Explanation

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. These diseases can be spread if children share sleeping equipment. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, 3<sup>rd</sup> Ed. pg. 118 Standard 3.3.0.4, pg. 136 Standard 3.6.1.5*

*Providing separate sleeping equipment also prevents young children from injuring one another or spreading disease by breathing directly into each other's faces during rest time. CFOC, 3<sup>rd</sup> Ed. pgs. 251-253 Standard 5.4.5.1.*

### Enforcement

*Porta-cribs, including play yards and playpens, may be used to be in compliance with this rule.*

*Level 2 Noncompliance if a separate crib, cot, or mat is not used with mobile infants and toddlers.*

*Level 3 Noncompliance if a separate crib, cot, or mat is not used with children other than mobile infants and toddlers.*

(3) If sleeping equipment is clearly assigned to and used by an individual child, the provider must clean and sanitize it as needed, but at least weekly.

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, 3<sup>rd</sup> Ed. pg. 118 Standard 3.3.0.4, pg. 136 Standard 3.6.1.5*

### Enforcement

*Blankets in a cubbie labeled with the child's name can be considered assigned to one child. Mats or cots can be clearly assigned to an individual child by having names on them, by numbering them and having a chart showing which number is assigned to which child or by labeling the container in which the mats or cots are stored. Mats that are not assigned to one child in this way must be cleaned and sanitized prior to each use.*

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*Always Level 2 Noncompliance.*

- (4) If sleeping equipment is not clearly assigned to and used by an individual child, the provider must clean and sanitize it prior to each use.

### Rationale / Explanation

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, 3<sup>rd</sup> Ed. pg. 118 Standard 3.3.0.4, pg. 136 Standard 3.6.1.5*

### Enforcement

*Always Level 2 Noncompliance.*

- (5) The provider must either store sleeping equipment so that the surfaces children sleep on do not touch each other, or else clean and sanitize sleeping equipment prior to each use.

### Rationale / Explanation

*Lice, scabies, and ringworm are among the most common infectious diseases in child care. These diseases can be spread if the sleeping equipment and bedding children use are stored together. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. CFOC, 3<sup>rd</sup> Ed. pg. 118 Standard 3.3.0.4, pg. 136 Standard 3.6.1.5.*

### Enforcement

*Nap mats may be stored on top of each other as long as the surface the child sleeps on does not touch another mat. In other words, the top of the mat cannot touch the bottom of the mat stacked above it.*

*Always Level 2 Noncompliance.*

- (6) The provider shall space cribs, cots, and mats a minimum of 2 feet apart when in use, to allow for adequate ventilation, easy access, and ease of exiting.

### Rationale / Explanation

*The American Academy of Pediatrics and the American Public Health Association recommend a distance of at least 3 feet between children's sleeping equipment, to reduce the spread of infectious diseases by children breathing in one another's faces during sleep. Adequate spacing between sleeping equipment is also necessary to facilitate evacuation of sleeping children in case of an emergency. CFOC, 3<sup>rd</sup> Ed. pgs. 251-253 Standard 5.4.5.1*

### Enforcement

*If a classroom does not have the space needed to place mats or cots 2 feet apart, mats may be placed 1 foot apart and children placed head to toe on alternating mats so that they are not breathing into each other's faces and there are at least 2 feet of space between their faces. When this is done, there must still be at least 1 foot of space between mats or cots to allow an adult to access children quickly in case of an emergency evacuation and rows of mats or cots still need to be placed 2 feet apart so children from one row are not breathing less than 2 feet from the faces of the children in the row above or below them and there is a clear exit.*

*Mats can also be placed at an angle and one foot apart and children placed toe to toe on the mats as long as*

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*their heads are at least two feet apart and there is a clear exit out of the room.*

*Cribs may be spaced end to end if the end of the crib is solid (wood, plexiglass, etc, so children do not breath on each other. If the end or side of a crib is not solid, staff may hang a blanket over the side or end of the crib to serve the same function, provided the blanket entirely covers the side or end of the crib. When this is done enough space (at least 2 feet) must still be maintained on at least one side of the crib for caregivers to have quick and easy access to children in case of an emergency. Porta cribs may be placed side by side with a barrier between each crib if the ends are the same height as the sides. In this case, 2 feet will not be required between the cribs since the provider has access to the child and the barrier is preventing children from breathing on each other.*

*Level 2 Noncompliance if there is not at least 1 foot between cribs, mats, or cots.*

*Level 3 Noncompliance otherwise*

**(7) Cots and mats may not block exits.**

### **Rationale / Explanation**

*The purpose of this rule is to allow quick exit from the building in the event of an emergency, and to avoid sleeping children getting stepped on by people exiting or entering the room. CFOC, 3rd Ed. pg. 207 Standard 5.1.4.3*

### **Enforcement**

*Always Level 2 Noncompliance.*